

FUEL & HYDRATE RIGHT

Nutrition Quick Guide for Riders — Ages 12–18

PRACTICE DAYS

2–3 hrs before:

Eat a real meal — carbs + protein. Chicken & rice, pasta, a sandwich + fruit. Skip heavy, greasy food.

30–60 min before:

Light snack only if hungry — banana, granola bar, pretzels, toast + jam.

Hydrate early:

2–3 cups of water in the 2 hours before practice. You can't make up for it once you're riding.

During (every 15–20 min):

$\frac{3}{4}$ –1 cup water. Add electrolytes or a sports drink if practice runs over an hour or it's hot.

After (30–60 min):

Protein + carbs — chocolate milk, a PB&J, yogurt + granola. Keep sipping water until you're not thirsty.

RACE DAY

Morning (2–3 hrs before start):

Real breakfast — oatmeal + banana + peanut butter, eggs + toast, or a bagel + almond butter.

10–15 min before start:

Small carb boost — half a banana, a few dates, a gel, or a few sips of sports drink.

During the race:

30–60 min races: water is enough. 60–90+ min races: a gel, chews, or sports drink every 20–30 minutes.

After you finish:

Recovery snack within 30 minutes, then a real meal within 2 hours.

WHEN	EAT	DRINK
2–3 hrs before	Balanced meal (carbs + protein)	2–3 cups water
30–60 min before	Light carb snack, only if hungry	1 cup water
Every 15–20 min during	Salty snack if long or hot	$\frac{3}{4}$ –1 cup water (+ electrolytes if >1 hr or hot)
30–60 min after	Protein + carb snack	Keep sipping until not thirsty
Race morning	Real breakfast	Water steadily all morning
10–15 min pre-race	Small carb boost	Few sips

Watch for this: Cramping, dizziness, nausea, headache, chills or goosebumps in the heat, or just feeling “off” — stop riding and tell a coach right away. These almost always start with not eating or drinking enough *before* practice, not during it.

General guidance, not medical advice. Riders with asthma, allergies, or other health conditions should follow their doctor's individual recommendations.

Questions? Ask your coach.

Herriman Mountain Bike Team · herrimanmtb.com